Supplication for Well-Being

From the Sahifa Sajjadiya: the Imam's (a.s.) plea for well-being in faith, body and conduct — God's covering before every slip of the tongue and heart.

48 lines · 10–12 min · alzair.app/duas/dua-wellbeing

1

أَللَّهُمَّ صَلِّ عَلَى مُحَمَّد وَآلِهِ،

O God, bless Muhammad and his Household,

2

وَأَلْبِسْنِي عَافِيَتَكَ، وَجَلِّلْنِي عَـافِيَتَكَ،

clothe me in Thy well-being, wrap me in Thy well-being,

3

وَحَصِّنِّي بِعَـافِيَتِـكَ، وَأَكْـرِمْنِي بِعَافِيَتِكَ،

fortify me through Thy well-being, honour me with Thy well-being,

4

وَأَغْنِنِي بِعَافِيَتِكَ، وَتَصَدَّقْ عَلَيَّ بِعَافِيَتِكَ،

free me from need through Thy well-being, donate to me Thy well-being,

5

وَهَبْ لِي عَافِيَتَكَ، وَأَفْرِشْنِي عَافِيَتَكَ،

bestow upon me Thy well-being, spread out for me Thy well-being,

6

وَأَصْلِحْ لِي عَافِيَتَكَ، وَلا تُفَرِّقْ بَيْنِي وَبَيْنَ عَافِيَتِكَ

set Thy well-being right for me, and separate me not from Thy well-being

7

فِي الدُّنْيَا وَالآخِرَةِ.

in this world and the next!

8

أَللَّهُمَّ صَلِّ عَلَى مُحَمَّد وَآلِهِ،

O God, bless Muhammad and his Household

9

وَعَافِنِي عَافِيَةً كَافِيَةً شَافِيَةً عَالِيَةً نَامِيةً،

and make me well with a well-being sufficient, healing, sublime, growing,

10

عَافِيَةً تُوَلِّدُ فِي بَدَنِي الْعَافِيَةَ،

a well-being that will give birth to well-being in my body,

11

عَافِيَةَ الدُّنْيَا والآخِرَةِ،

a well-being in this world and the next!

12

وَامْنُنْ عَلَيَّ بِالصِّحَّةِ وَالأمْنِ وَالسَّلاَمَةِ فِي دِيْنِي وَبَـدَنِي،

Oblige me through health, security, and safety in my religion and body,

13

وَالْبَصِيرَةِ فِي قَلْبِي وَالنَّفَاذِ فِي أُمُورِيْ وَالْخَشْيَةِ لَكَ،

insight in my heart, penetration in my affairs, dread of Thee,

14

وَالْخَوْفِ مِنْكَ وَالْقُوَّةِ عَلَى مَا أَمَرْتَنِي بِهِ مِنْ طَاعَتِكَ

fear of Thee, strength for the obedience which Thou hast commanded for me,

15

وَالاجْتِنَابِ لِمَا نَهَيْتَنِي عَنْهُ مِنْ مَعْصِيَتِكَ.

and avoidance of the disobedience which Thou hast prohibited for me!

16

أَللَّهُمَّ وَامْنُنْ عَلَيَّ بِالْحَجِّ وَالْعُمْرَةِ،

O God, oblige me through the hajj, the umra,

17

وَزِيَارَةِ قَبْرِ رَسُولِكَ صَلَوَاتُكَ عَلَيْهِ

and visiting the graves of Thy Messenger (Thy blessings,

18

وَرَحْمَتُكَ وَبَرَكَاتُكَ عَلَيْهِ وَعَلَى آلِهِ،

mercy, and benedictions upon him and upon his Household)

19

وَآلِ رَسُولِكَ عَلَيْهِمُ السَّلاَمُ أَبَداً مَا أَبْقَيْتَنِي،

and the Household of Thy Messenger (upon them be peace) for as long as Thou causest me to live,

20

فِي عَامِي هَذَا وَفِي كُلِّ عَام،

in this year of mine and in every year,

21

وَاجْعَلْ ذَلِكَ مَقْبُولاً مَشْكُوراً مَذْكُوراً لَدَيْكَ،

and make that accepted, thanked, and mentioned before Thee

22

مَذْخُوراً عِنْدَكَ،

and stored away with Thee!

23

وَأَنْطِقْ بِحَمْدِكَ وَشُكْرِكَ وَذِكْرِكَ وَحُسْنِ الثَّناءِ عَلَيْكَ لِسَانِي،

Make my tongue utter Thy praise, Thy thanksgiving, Thy remembrance, and Thy excellent laudation,

24

وَاشْرَحْ لِمَرَاشِدِ دِينِكَ قَلْبِي،

and expand my heart toward the right goals of Thy religion!

25

وَأَعِذْنِي وَذُرِّيَّتِي مِنَ الشَّيْطَانِ الرَّجِيم

Give me and my progeny refuge from the accursed Satan,

26

وَمِنْ شَرِّ السَّامَّةِ وَالْهَامَّةِ وَالْعَامَّةِ وَاللاَّمَّةِ

the evil of venomous vermin, threatening pests, swarming crowds, and evil eyes,

27

وَمِنْ شَرِّ كُلِّ شَيْطَان مَرِيد ،

the evil of "every rebel satan" (22:3),

28

وَمِنْ شَرِّ كُلِّ سُلْطَان عَنِيد ،

the evil of every refractory sovereign,

29

وَمِنْ شَرِّ كُلِّ مُتْرَف حَفِيد،

the evil of everyone living in ease and served,

30

وَمِنْ شَرِّ كُلِّ ضَعِيف وَشَدِيد،

the evil of everyone weak or strong,

31

وَمِنْ شَرِّ كُلِّ شَرِيف وَوَضِيع،

the evil of everyone born high or low,

32

وَمِنْ شَرِّ كُلِّ صَغِير وَكَبِير،

the evil of everyone small or great,

33

وَمِنْ شَرِّ كُلِّ قَرِيْب وَبَعِيد،

the evil of everyone near or far,

34

وَمِنْ شَرِّ كُلِّ مَنْ نَصَبَ لِرَسُولِكَ وَلأهْلِ بَيْتِهِ حَرْبَاً مِنَ الْجِنِّ وَالإنْسِ،

the evil of every one, jinn or man, who declares war on Thy Messenger and his Household,

35

وَمِنْ شَرّ كُلِّ دَابَّة أَنْتَ آخِذٌ بِنَاصِيَتِهَا

and the evil of "every crawling creature that Thou hast taken by the forelock!

36

إِنَّكَ عَلَى صِرَاط مُسْتَقِيم.

Surely Thou art on a straight path"(ref.11:56).

37

أَللَّهُمَّ صَلِّ عَلَى مُحَمَّد وآلِهِ

O God, bless Muhammad and his Household

38

وَمَنْ أَرَادَنِي بِسُوء فَاصْرِفْهُ عَنِّي وَادْحَرْ عَنِّي مَكْرَهُ،

and if someone desires ill for me turn him away from me, drive away from me his deception,

39

وَادْرَأ عَنِّي شَرَّهُ، وَرُدَّ كَيْدَهُ فِي نَحْرِهِ،

avert from me his evil, send his trickery back to his own throat,

40

وَاجْعَلْ بَيْنَ يَدَيْهِ سَدّاً حَتَّى تُعْمِيَ عَنِّي بَصَرَهُ،

and place before him a barricade, so that Thou mayest blind his eyes toward me,

41

وَتُصِمَّ عَنْ ذِكْري سَمْعَهُ، وَتُقْفِلَ دُونَ إِخْطَارِي قَلْبَهُ،

deafen his ears toward my mention, lock his heart toward recalling me,

42

وَتُخْرِسَ عَنَي لِسَانَهُ، وَتَقْمَعَ رَأْسَهُ،

silence his tongue against me, restrain his head,

43

وَتُذِلَّ عِزَّهُ، وَتَكْسِرَ جَبَرُوتَهُ،

abase his exaltation, break his arrogance,

44

وَتُذِلَّ رَقَبَتَهُ، وَتَفْسَخَ كِبْرَهُ،

abase his neck, disjoint his pride,

45

وَتُؤْمِنَنِي مِنْ جَمِيْعِ ضَرِّهِ

and make me secure from all his injury,

46

وَشَرِّهِ وَغَمْزِهِ وَهَمْزِهِ وَلَمْزِهِ وَحَسَدِهِ

his evil, his slander, his backbiting, his faultfinding, his envy,

47

وَعَدَاوَتِهِ وَحَبَائِلِهِ وَمَصَائِدِهِ وَرَجْلِهِ وَخَيْلِهِ

his enmity, his snares, his traps, his foot soldiers, and his cavalry!

48

إِنَّكَ عَزِيز قَدِيرٌ.

Surely Thou art Mighty, Powerful!